



## A NEWSLETTER FOR TOWNE LAKE RESIDENTS

JULY 2017

VOLUME 6, ISSUE 7

### WELCOME TO TOWNE LAKE TRIBUNE

*A Newsletter  
for the Towne Lake  
Community*

The Tribune is a monthly newsletter mailed to all Towne Lake residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at [www.PEELinc.com](http://www.PEELinc.com). Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

**GO GREEN!** Subscribe via [Peelinc.com](http://Peelinc.com) to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

### Introducing "Get To Know Your Neighbors"

We are all very fortunate to call Towne Lake home. But, Towne Lake is more than just a place to live; it is a vibrant community brimming with family-friendly neighborhoods, chock-full of fascinating, talented people. Our variety is what makes us so both unique and extraordinary. However, sometimes, we get so busy, we lose sight of how interesting and diverse we've become.

We believe that getting to know the people who live nearby will help us create a sense of belonging

and shared identity. We have created a column entitled, "Get to Know Your Neighbors" which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making Towne Lake a better place to live, please let us know. We would like to introduce them to your neighbors.



### *Attention Parents of Graduating Seniors!*

We would like to recognize our graduating seniors by including a small picture and a few lines about where your child will be attending college. Please send your information to [articles@peelinc.com](mailto:articles@peelinc.com) (include the newsletter you would like to recognize them in, photo, name, etc).

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....	911
Fire.....	911
Ambulance .....	911
Constable .....	281-376-3472
Sheriff - Non-emergency .....	713-221-6000
- Burglary & Theft .....	713-967-5770
- Auto Theft .....	281-550-0458
- Homicide/Assault .....	713-967-5810
- Child Abuse .....	713-529-4216
- Sexual Assault/Domestic Violence.....	713-967-5743
- Runaway Unit .....	713-755-7427
Poison Control.....	800-222-1221
Traffic Light Issues .....	713-881-3210

### SCHOOLS

Cypress Fairbanks ISD Administration .....	281-897-4000
Cypress Fairbanks ISD Transportation .....	281-897-4380
Rennell Elementary.....	281-213-1550
Smith Junior High School.....	281-213-1010
Cy-Ranch High School .....	281-373-2300

### UTILITIES

CenterPoint Energy.....	713-659-2111
Reliant Energy.....	713-207-2222
Water - Severn Trent.....	281-646-2383
Waste Management - Trash .....	713-686-6666

### OTHER NUMBERS

Animal Control.....	281-999-3191
Cypress Fairbanks Medical Center.....	281-890-4285
Harris County Health Department .....	713-439-6260
Post Office.....	281-859-9021
Harris County Public Library.....	281-290-3210
Cy-Fair Hospital.....	281-890-4285
North Cypress Medical Center.....	832-912-3500

### NEWSLETTER PUBLISHER

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Please support the advertisers that make the *Tribune* possible. If you are interested in advertising, please contact our sales office at 1-888-687-6444 or [advertising@peelinc.com](mailto:advertising@peelinc.com). The advertising deadline is the 8th of the month prior to the issue.

### ARTICLE INFO

The *Tribune* is mailed monthly to all Towne Lake residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for consideration please email it to [townelake@peelinc.com](mailto:townelake@peelinc.com). The deadline is the 9th of the month prior to the issue.

## NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

[www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org)



Calling all Aggie moms!!! We would love to see you at one of the Aggie Mom mixers this summer, hosted by the Northwest Harris County Aggie Mom's club. This is a great opportunity for you to meet other Aggie moms, and to meet members of the NWHC Aggie Mom's Club, in a fun & casual get-together! The dates for the mixers are: June

29, July 13 & July 16. Come alone or bring another Aggie Mom with you! Please check our website (above) for details on locations.

And please mark your calendars for Tues, August 8th at 6:30 pm. at the Houston Distributing Company, 7100 High Life Drive, Houston, Texas!! This is our annual Howdy party, and a great way to meet other Aggie Moms, find out about upcoming events, and enter for a chance to win a door prize! We welcome all Aggie Moms, whether of freshman Aggies, current Aggie students or former Aggies. We'd love to meet you!



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## Don't Spend Your Holiday in the Hospital

*Physicians encourage safety while celebrating Independence Day*

The upcoming Independence Day holiday may have people thinking about fireworks, barbecues, and outdoor activities. However, they are the very same activities that can make the holiday a dangerous one. In fact, according to the National Safety Council, Independence Day is one of the most dangerous holiday weekends of the year. Physicians and staff at the Memorial Hermann Convenient Care Center in Cypress want to remind people to stay safe while celebrating.

"We see a lot of heat and firework related injuries during the Fourth of July holiday weekend. Parents may not think about it, but even sparklers can cause serious burns," says Marco Garza, M.D., a board-certified emergency medicine physician and Medical Director of the Emergency Center at Memorial Hermann Convenient Care Center in Cypress. The Consumer Product Safety Commission reminds parents that sparklers can burn at a temperature of 2,000 degrees.

The CPSC also offers these tips to use fireworks more safely:

- Follow local laws
- Do not allow young children to play with fireworks and older children should have adult supervision
- Never have any portion of your body directly over a firework while lighting
- Keep a bucket of water nearby for emergencies

If a person is burned by a firework, the injury may need immediate care.

"Any burn involving your face, hands, feet, genitals or over a major joint should get medical attention. If the burn is larger than your hand, or a blister forms soon after the injury, you should go to the emergency center or call 9-1-1," adds Dr. Garza.

The summer heat can also prove dangerous over the holiday weekend.

"It's no secret that it's hot here in Texas. Spending too much time in the sun can lead to everything from sunburn to heatstroke," reminds Dr. Garza. Physicians encourage people to stay hydrated, use sunscreen, and take a break from the sun when possible.

"If you do choose to drink alcohol over the holiday weekend, it's even more important that you also drink plenty of water. Excessive alcohol consumption can cause dehydration. Dehydration combined with the Texas heat can make for a dangerous situation," advises Dr. Garza.

If an emergency does arise, the Memorial Hermann Convenient Care Center in Cypress offers a 24-hour emergency center at their location at 27700 Northwest Freeway in Cypress, Texas. The Convenient Care Center also offers access to primary care physicians through the Memorial Hermann Medical Group, a diagnostic laboratory, outpatient imaging, The University of Texas MD Anderson Cancer Center Breast Care with Memorial Hermann and Sports Medicine & Rehabilitation.



## Cy-Fair Republican Women July Meeting

Tuesday, July 11th will be CFRW General Meeting from 10:30 AM - Noon.

Meeting is \$3 -- Meeting w/Lunch at Noon is \$23.

Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095

All are welcome! Bring a friend to lunch and enjoy discussing timely topics with brilliant Republican Women! Speaker to be announced. RSVP to [www.cfrw.net](http://www.cfrw.net) by July 3rd. We look forward to seeing you there!

In August, we have an evening social. Watch for details.

SAVE the DATE—November 3rd for High Heels & High Tea at Sterling CC. Watch this space or website for further details.

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## CYPRESS TEXAS TEA PARTY

The next meetings of the Cypress Texas Tea Party will be on:

**Saturday, July 8, 2017 NOON - 2:00 PM**  
- To be determined

**Saturday, July 29, 2017 NOON - 2:00 PM**  
- To be determined

The Cypress Texas Tea Party meets every three weeks on Saturday

Noon until 2:00 PM at:

*Spring Creek BBQ*  
25831 Northwest Freeway  
Cypress, Texas 77429

Map: <http://goo.gl/maps/OoNjY>

A schedule of our meetings and confirmed speakers can be found at our website, [www.cypresstexasteaparty.org](http://www.cypresstexasteaparty.org)

## Shield Bearer "Tapas and Sangria" Taste and Toast Celebration

**TUESDAY, AUGUST 8, 2017 6:00-8:30PM**

**THE WORK LODGE-VINTAGE PARK, 118**

**VINTAGE PARK BLVD W, HOUSTON, TX 77070**



Join other community, business, and ministry leaders for a celebration of the hope and healing found at Shield Bearer. Beat the summer time heat with a refreshing evening of tapas style appetizers, sangria tastings, networking, and door prizes. Discover the story behind the Shield Bearer name and hear how they serve over 15,000 people each year including human trafficking survivors, victims of crime and abuse, veterans and active military families, struggling marriages, and many more. Find out how you can join in Shield Bearer's mission and strengthen the community, one heart and one family at a time. RSVP required by July 29 at [events@shieldbearer.org](mailto:events@shieldbearer.org) or (281) 894-7222.

For more information about Shield Bearer, a Houston based non-profit and lead agency in the movement to strengthen individuals, couples, families, and the entire community visit [shieldbearer.org](http://shieldbearer.org), call (281) 894-7222.

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## ST. MARY'S FALL GIFT MARKET



On Friday, September 29 and Saturday, September 30 from 9 a.m. to 4 p.m., St. Mary's Episcopal Church is hosting its 12th annual Fall Gift Market. This is the ideal event to kick

off your holiday shopping and decorating! The convenient location at the corner of Louetta Road and N. Eldridge Parkway makes it easy to shop the selection of unique jewelry, home decor, creative toys, handcrafted gifts, collectibles, pottery, candles and trendy clothing for ladies and children. The Fall Gift Market also features The Tea Room offering the famous taco soup, sandwiches, desserts and homemade baked goods, plus the Silent Auction benefiting church-affiliated projects and outreach. For more information, please visit: [stmaryscypress.org](http://stmaryscypress.org), or call Michelle at 832-559-8726.

## ABWA CY-FAIR EXPRESS NETWORK (CYFEN) INDUCTS NEW EXECUTIVE BOARD



### Luncheon Details

*Thursday, July 27, 2017  
Networking 11a.m.;  
Luncheon begins at 11:30 a.m.  
Sterling Country Club,  
16500 Houston National  
Blvd., Houston, TX 77095  
Costs \$25 with advanced  
reservations; \$30 at the door*

American Business Women's Association (ABWA) District

II Vice President Julie Burch is slated to induct the new 2017-2018 Executive Board of the Cy-Fair Express Network (CYFEN) at the upcoming luncheon and networking July 27.

New inductees to the 2017-18 CYFEN Board include: President – Dr. Michelle Becker, Shots for Holly; President-Elect/Vice President – Sonja Rucker Hines, Amegy Bank of Texas; VP of Communications – Diana Saufley, Keller Williams; VP of Finance – Michelle Guerra, MichelleGuerra.com; VP of Marketing – Cathy Conrad, Action

Specialties, LLC; VP of Membership – Robin Haynes, Robin Haynes State Farm; VP of Programs – Kerrie Saeger, Plexus Worldwide; VP of Outreach – Patty Bergfield, Cruise Planners - CyFair; and Past President – Kristin Severson, Aire Serv of Northwest Houston.

Julie Burch is an active second-generation member of ABWA, she is a charter member of the North Dallas Business Women and served on the executive board for three years. She has served on many committees, she was the campaign manager for a District II Vice Presidential candidate, and co-chaired the DACA Woman of the Year luncheon in 2015. She is the North Dallas Business Women's Woman of the year for 2016 and is currently your District II Vice President.

This month's CYFEN meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at the Sterling Country Club, 16500 Houston National Blvd.

### About Cy-Fair Express Network (CYFEN)

Now over 60 members strong, Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring.

*(Continued on Page 7)*



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## Cypress Area Food Pantry

Do you know of someone who has trouble putting food on the table? Maybe their employment was suddenly terminated; maybe it's a choice between medications or food; for whatever reason a family can find themselves in a situation where they need a little help.

Fountain of Life Church of God on Mueschke Road runs a food pantry on Mondays from 3:30 pm to 6:00 pm and the only requirement is that the client should live in zip code 77433 and west of Skinner 77429. For more information, contact 281-373-9337. Food donations and volunteers are also greatly appreciated.

Computerized job search and resume preparation and printing are also available.



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(Continued from Page 5)

Our members have opportunities to pursue excellence and achieve both local and national recognition. CYFEN is part of the national organization of American Business Women's Association (ABWA), for more information go to [www.CYFEN.org](http://www.CYFEN.org).

## About American Business Women's Association (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women's education, workplace skills and career development training. For more information, visit, [www.abwa.org](http://www.abwa.org).

## Cy-Fair Women's Club

Save the Date

Shop 'til You Drop Marketplace, presented  
by Cy-Fair Women's Club.

Saturday, September 9th, 2017.

The Berry Center  
[www.cyfairwomensclub.com](http://www.cyfairwomensclub.com)



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## TEXAS A&M AGRI LIFE EXTENSION

## TICK CONTROL IN THE YARD



This article covers what to do about ticks in your yard. I didn't want to make it too long, so I decided to just link to sources giving information on how to treat pets or yourself/family.

Ticks are arachnids with two body regions, eight legs (except the first stage out of the egg has

only six legs and is called a seed tick), and no antennae. Ticks come in a variety of sizes depending upon if they are nymphs or adult, male or female, engorged or not. Ticks require a blood meal before molting to the next stage of their development as well as adult females requiring a blood meal before laying eggs.

Since ticks can feed on multiple hosts during their lifetime, including humans and other animals, they are capable of transmitting disease organisms through their bite. For more information on diseases transmitted by ticks see this link:

<https://www.cdc.gov/ticks/diseases/index.html>

Ticks wait hosts by climbing up vertical surfaces such as vegetation, fences or shrubbery. When a host brushes past, ticks grab on and locate a suitable spot for feeding. To reduce ticks in your yard you can try some or all of the following:

- Keep grass mowed
- Clear brush, weeds, or overgrown areas
- Discourage wildlife
- Remove debris from the yard
- Treat yard with insecticide making sure to go up surfaces as ticks will climb upwards to grab onto a passing host
- Treat pets

For information on how to deal with ticks on your pet(s) see this source: [https://www.cdc.gov/ticks/avoid/on\\_pets.html](https://www.cdc.gov/ticks/avoid/on_pets.html)

For how to avoid getting, properly inspecting for, or removing ticks from yourself or family members see this source:

[https://www.cdc.gov/ticks/avoid/on\\_people.html](https://www.cdc.gov/ticks/avoid/on_people.html)

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

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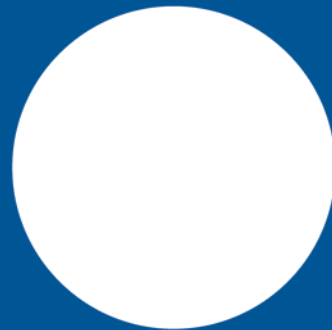
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